

**In the Abstract**

Please delete the Abstract of the application and substitute the following Abstract:

**Abstract**

The invention concerns a method of producing and treating a sheet suited to be used as a component or as a part of a component in a fuel assembly for a nuclear light water reactor, which method comprises:

- a) producing a sheet of a Zr-based alloy by forging, hot rolling and cold rolling in a suitable number of steps,
- b) carrying out an  $\alpha+\beta$  quenching or a  $\beta$  quenching of the sheet when the sheet has been produced to a thickness which is equal to or almost equal to the final thickness of the finished sheet,
- c) heat treating the sheet in the  $\alpha$ -phase temperature range of said alloy,  
wherein the sheet is stretched during the heat treatment according to step c).

The invention also concerns a use of a sheet that is produced and treated according to this method, and to methods and fuel assemblies of which said sheet forms a part.